The mission of Northwest Harvest is to provide nutritious food to hungry people statewide in a manner that respects their dignity, while fighting to eliminate hunger.

CHILD HUNGER STOPS HERE

A year-round approach to ending the cycle of hunger for kids

Open the bag, look inside. There’s food you like and can easily eat. Show your mom. She gets tears in her eyes, you get a hug. That’s okay, but what you’re really glad about is the food, so you say thank you. All the adults smile. You just want to dig into the fruit cup.

Without adequate, nutritious food, children don’t perform as well in school. They are likely to get sick more often. They are less likely to graduate.

Northwest Harvest fights hunger three ways— with food, technical support and policy work—to break the cycle of poverty and hunger.

Food Every Day Where Kids Live, Learn and Play

Northwest Harvest distributes food to every county in the state. Partnerships with farmers, dairy farmers and fish hatcheries provide fresh produce, milk and salmon. We also buy rice, beans, oats and chicken to ensure families have access to nutritious food. Special initiatives feed kids on weekends, holidays and in the summer when school meals aren’t available.

- **Three Squares** sends home six robust meals plus snacks for the weekend.
- Thanks to The Boeing Company, we sent 6,500 backpacks of food home with school children for the Christmas holiday.
- **Kids Summer Food Club** gives an extra boost to young families who rely on food banks when hungry kids are home for the summer break.
- **Baby Day** ensures that our tiniest clients have formula, baby food and diapers.

Building a Stronger System

We also support food banks with technical assistance from food safety tips to multilingual recipes. **Smart Buys** puts our buying power to work, stretching budgets so food banks can purchase special items like shelf-stable milk and fruit cups at bulk prices. We provide training throughout the year, including an annual conference each April.

Telling the Story to Change the World

Food banks can’t feed hungry children alone. For every 24 bags of food to feed a hungry family, charities can provide only one. The other 23 come from government services, so advocating for federal and state programs plays a critical role in developing healthy young bodies and minds. In a land of plenty, it’s wrong that any child goes hungry. For us, hunger stops here.

"We have had a lot of our clients that are returning after four years of not coming. Large increase in the number of families served."
—Basin City Help Services Food Bank, Franklin County

Nourishing values

Does charity begin at home? Certainly, learning to be charitable does.

“We started involving the kids in our charitable giving four years ago,” said Rebecca Bouchev after a recent visit and generous gift to Northwest Harvest. “Aidan was really excited to know how many meals our gift bought. We hope that it instills in them a life-long habit of giving.”

Studies show that compassion may come naturally for children. Through the years, nurturing these natural tendencies will help to combat competing messages in the media, at school and among peers. Involving kids early in causes you care about helps to not only instill the obvious values of social justice, caring about the less fortunate and doing unto others, but also can help to teach delayed gratification, impulse control and wise financial decision-making.

Depending on the age of the child in question, passing on your values through volunteering and philanthropy can take many forms—working a volunteer shift at one of the Northwest Harvest warehouses, collecting money or canned goods for a food drive, or helping to make family decisions about which charities to contribute to. Even small steps can make a lasting impact on youth.

Giovanni and Sofia (pictured) made beautiful cards that were sent to donors as a thank you for their gifts to Northwest Harvest. “They put their hearts into their creations,” said their Mom, Christina. “It was great to have the opportunity to contribute!”

ANNUAL REPORT TO THE COMMUNITY AVAILABLE

Learn more about the work of Northwest Harvest and how your support helps us operate. We couldn’t do it without you! View the report online at northwestharvest.org/financials.
What makes the news and what’s reality can be pretty different sometimes. I continue to see headlines about new jobs being created and unemployment going down. These are great headlines, but for many of the people we serve, reality is not so rosy. Maybe we all have to dig just a little deeper to get the whole story.

Unemployment statistics don’t include people who have lost hope and given up looking for work, or those who have retired, many not by choice. The reports don’t mention how many of those new jobs are only part time or pay too little to live on.

When families whose meagre paychecks barely stretch month-to-month get hit with an unexpected bill, it’s a budget buster. Cutting down on food is often the only answer since utility bills and rent don’t allow any wiggle room, and paying late fees or getting the lights turned back on is really expensive.

Soaring costs and dwindling options for affordable housing are contributing to a marked increase in homelessness. During their annual “One Night Count,” the Seattle/King County Coalition on Homelessness recorded a 21 percent increase in the number of people living without shelter.

Encouraging Headlines, Different Reality

A message from Chief Executive Officer Shelley Rotondo

More food, greater variety, better efficiency—it’s how we roll!

More healthy food is on the road to people in need, thanks to a special, three-zone truck made possible with a grant from the Employee Community Fund of Boeing Puget Sound. The 53’ trailer has three distinct temperature zones to transport frozen, fresh and dry product all at the same time. “Now we can supply more food and greater variety in one load,” said COO Eu-wanda Eagans. This is a real boon to food banks that are not able to handle a full load of a single item. It dramatically increases our efficiency, reducing transportation costs as well as increasing our ability to reach food banks in every county in Washington.
**Federal Policy Priorities: Child Nutrition**

On Feb. 2, students from Aki Kurose Middle School, joined by a first grader from Vancouver, stood before legislators and media in Olympia. They testified passionately about the benefits of serving breakfast as part of the school day, stating emphatically that all kids must start their school day healthy and ready to learn.

The work of Northwest Harvest and likeminded allies does not end with food distribution. Advocacy at the state and national level keep awareness of hunger at the forefront. In 2015, child nutrition forms the backbone of much of that advocacy work.

In Washington, one in 33 students is homeless. One in five lives in a household that has trouble accessing sufficient food. In response, Northwest Harvest advocates to strengthen child nutrition programs in the federal Child Nutrition & WIC Reauthorization Act. The act will help to ensure that hungry children have access to nutritious food where they live, learn and play.

Because many students consume as many as half of their daily calories at school, what children eat during the school day is a critical issue. The issue is vital today as Congress debates legislation. The Child Nutrition & WIC Reauthorization Act will authorize child nutrition programs, including WIC, the school meals program, summer meals and after-school meal programs; ensuring that sufficient funding is available for current services and to return to pre-2010 levels of support for the Supplemental Nutrition Assistance Program (SNAP, also known as food stamps); maintaining school meal standards that are based on scientific evidence and expert recommendations from nutritionists.

Looking for more information, or interested in working with our policy team? Sign up for Advocacy Updates or check out our Take Action page on northwestharvest.org.

**Focus on Food Security**

Northwest Harvest’s Focus on Food Security features stories from people we serve, collected from food banks across the state. We share this report with state legislators and our Congressional delegation in Washington, D.C.

Find it at northwestharvest.org or email partners@northwestharvest.org for a copy.

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**State Priorities 2015**

Help us achieve the following for hungry families this year:

- **Maintain the existing Emergency Food Assistance Program budget.** Food banks and meal programs serve more people today than they did during the recession. Food banks are often the final safety net for working families who can’t meet their basic needs.

- **Protect the Farmers Market Nutrition Program.** Help low-income families with young children and seniors buy fresh, nutritious, locally produced food at Washington’s farmers markets.

- **Full funding for the State Food Assistance programs.** SFA is a food stamp-like program serving legal, documented immigrants. It impacts nearly 15,000 children in Washington state.

- **Pass Breakfast After the Bell.** Ensure that kids in high-need schools get a healthy breakfast to keep them focused on learning during the school day.

- **Protect basic needs.** More than $10 billion has been cut from basic needs services since the start of the recession. Northwest Harvest advocates sensible funding solutions that invest in K-12 education and services for families in need.

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**Hunger Action Day!**

Northwest Harvest is in Olympia on March 9, meeting with lawmakers to preserve and protect hunger relief programs in our state. We invite everyone to speak out on hunger issues at Hunger Action Day and throughout the year.

Learn more at northwestharvest.org/take-action.

“A client was sharing that the food bank is her only source of fresh fruits and vegetables. Now that she is expecting, any dairy is an added blessing.”

—Cusick Food Bank, Pend Oreille County
Partners in Nutrition

Bastyr University Interns Continue Nutrition-Focused Education at Northwest Harvest

Northwest Harvest has forged a partnership with Bastyr University to reinforce a shared commitment to nutrition through a dietetic internship program. “[Kids] might not want to be eating peas and corn... But I want to be sure they get adequate nutrition,” reflected Renna Khuner-Haber, an intern in the ongoing program.

“When kids are being raised in a place where they aren’t eating enough... their behavior is impacted... which has huge consequences later in life. This work makes a real difference.”

Northwest Harvest staff work closely with Bastyr to develop internship objectives that add value to existing programs and provide unique educational and practical opportunities to the interns.

Highly nutritious fruits and vegetables make up 2/3 of the food Northwest Harvest distributes. Bastyr interns will help fine-tune that distribution, targeting children and schools and working to ensure optimal nutrition.

Between November and February, Bastyr interns Rachel Bishop, Lisa Holman and Renna Khuner-Haber created healthy recipes; planned menus for Northwest Harvest child nutrition programs; designed food cards with cooking, storage and recipe information; and developed nutrition guidelines and a handout on culturally appropriate foods.

A guide the interns developed on how to motivate clients to choose healthier foods has been such a hit that it is now being used by Washington State University’s Food Sense program in Spokane. The guide’s creative strategies “nudge” food bank clients to select farm-fresh foods, adapting savvy marketing techniques for food bank layout, food presentation, information about foods and cooking techniques, farm profiles and other consumer strategies.

Ways to Give

HOST A VIRTUAL FOOD FIGHT
You can turn a traditional food drive into a fantastic way to fight hunger, bring more folks to the table and highlight your efforts, all at the same time with crowdrise.com/northwestharvest.

DONATE A VEHICLE
Have a boat, car or motorcycle you no longer want? Arrange to have it picked up free of charge—running or not. It will be sold at auction with the proceeds benefitting Northwest Harvest. Call Donate for Charity at 866.392.4483 or visit donateforcharity.com and select Northwest Harvest.

CREATE A LEGACY TO END HUNGER
You can name Northwest Harvest in your will, life insurance, living trust or IRA. You can also make a difference with a gift of stocks and bonds, or even property. Contact Todd Girouard, Donor Relations Manager, at 206.923.7441 or toddg@northwestharvest.org.

Re-Peat for Impact

No, it’s not a typo. Nor is it about football. Repeat for impact is about giving a little this month, and the next, and the next. Setting up a recurring donation is easy and makes sense.

We know that hunger can’t wait. People need to eat even as we fight to eliminate hunger. The definition of food insecurity is not knowing where the next meal is coming from—or whether it’s coming at all. One in seven people are food insecure. When you give a little each month, you set a full plate on a table that otherwise might be empty. You become a friend to someone you may never meet, a friend who can be counted on.

Can’t make a big gift? You can still make a big difference! Since Northwest Harvest can provide a complete meal for as little as 22 cents, just $20 a month will feed someone for a full year! Discover what a difference your sustaining gift can make at northwestharvest.org.

12th Fan” Spirit

Overflows with Generosity

In a celebration of football and local pride, Northwest Harvest partnered with KING 5 to provide excited fans with any in-person donation Twelfie sunglasses. On social media, the Twelfie craze took on a life of its own as recipients from as far afield as Phoenix posted “Twelfies” with their classy green shades.

For Northwest Harvest, the results were stunning: 79,000 meals raised in only a week!

“One lady in tears shared that she would not be here except she literally had no food to feed her family. We shared with her that that is exactly why we are here—to help families that are in her situation. After talking with her for a few minutes and explaining how else we can help her, we hugged and she left with a smile on her face.”

— Aberdeen Community Food Bank, Grays Harbor County
EVENTS
WASHINGTON
Western | Central | Eastern

BANKER’S CARE FOOD DRIVE
MARCH 9 - 31
More than 20 unique banks and hundreds of branches collect food and funds during this three-week drive. The goal is a million meals in March.

BANKER’S CARE LIVE BROADCAST
MARCH 27, 11 A.M. - 1 P.M.
A one-day collection in partnership with KOMO. Northwest Harvest staff and volunteers will collect donations at Westlake Plaza. Come meet your favorite TV personalities.

CRUSH HUNGER—SPOKANE
SATURDAY, MARCH 21, 6:30 - 10 P.M.
Sample fantastic wines from across the globe and tasty bites from local food trucks. $45 per person; tickets available at: northwestharvest.org/crush-hunger-2015.

GIVEBIG
TUESDAY, MAY 5
Donate to Northwest Harvest during The Seattle Foundation’s giveBIG at seattlefoundation.org and a percentage of your gift will be matched. The online challenge is one day only, May 5!

BLUEGRASS & BEER FESTIVAL
SATURDAY, MAY 9, 5 - 10 P.M.
Seattle Beer Week celebrates with Bluegrass & Beer at Hale’s Palladium in Fremont. Ticket holders enjoy live music and beer samples, with proceeds benefitting Northwest Harvest. Tickets are $25 in advance or $30 at the door and available at northwesternestharvest.org/bluegrass-beer-festival.

GLOW RUN FOR HUNGER—SPOKANE
FRIDAY, MAY 15
Fluorescent face paint and glow in the dark gear turn this Spokane fun run for kids into the ultimate race to beat hunger. Join us, Negative Split and up to 1,000 elementary school kids on May 15!

TOP POT NATIONAL DOUGHNUT DAY
FRIDAY, JUNE 5
Join us as we celebrate National Doughnut Day! Top Pot cafes will be collecting food and cash donations to celebrate. If you can’t join us in person you can still donate $10 by texting “TOPPOT” to 80888. To find your closest Top Pot location, visit toppotdoughnuts.com.

SEATTLE MARINERS FIGHT HUNGER
SATURDAY, JULY 25
For 27 years, the Mariners have hosted the Fight Hunger event prior to an M’s game. Volunteers and staff collect food and funds from fans as they enter the stadium. This year the Toronto Blue Jays come to town for the 1:10 p.m. game.

THANKS, EVENT SUPPORTERS!

KIMA KIDS FOR CANS - YAKIMA
This year’s Kids for Cans event grew to 26 schools, 11 more than last year, all challenged to collect more non-perishable food than the other schools in the Yakima area! More than 42,501 pounds were collected, beating last year’s total. The event will help Northwest Harvest provide more than 32,600 meals.

The winning school receives an appearance from KIMA-TV’s Alan Sillence and gets to display the KIMA Kids for Cans trophy for one year. Gilbert Elementary won this year’s challenge with an average of 5.4 pounds collected per student. Congratulations to Gilbert and a big thank you to all the participating schools!

“The cut on the EBT cards had an impact on a number of our families and they were struggling to meet their family’s food needs. A number of those families commented on how important our services are to their household. We are also seeing more families finding work but have ended up so far behind in expenses that they are struggling to catch back up.”

— Maple Valley Food Bank & Emergency Services, King County

JUST AN AVERAGE PAPARAZZI DAY

Each year, up to 700 food drives are held on our behalf. Our drivers are constantly on the go, running from one food drive to another.

Fiti, a Northwest Harvest driver, was heading back to his van after picking up donations from a food drive when he heard some shouting coming from down the street. He looked around to see what the commotion was and realized that the shouting was for him.

An older couple saw that he was with Northwest Harvest and couldn’t wait to talk to him. The woman insisted on taking a picture with Fiti with her husband as the photographer.

“I wasn’t expecting that kind of reaction,” Fiti explained when relaying the story.

To us, it is no surprise that any of our drivers would be greeted as a celebrity. This team is responsible for moving more than 32 million pounds of food a year across the state, as well as picking up from food drives.

If you’re interested in learning more about hosting a food drive with us and having your own celebrity experience visit our website, call us at 206.923.7421 or email us at fooddrives@northwestharvest.org.
Since volunteers are at the center of what we do, we listen closely to their needs and wants. Over and over, volunteers said they would like more weekend and evening shifts. We took that feedback to heart!

A new volunteer schedule in Kent adds two evening shifts a month and an extra shift on Saturdays, opening our doors to many more volunteers who previously were not able to fit us into their schedule.

“I know there are many people who like to volunteer for Northwest Harvest, and this will give more opportunities to serve,” says Jim Donohue. “We just have to keep on working to make sure there is sufficient food... for our neighbors who are the ultimate recipients of your good works.”

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**National Volunteer Week is April 12 - 18.**

We love our volunteers EVERY week, and can’t wait to show them how much!

**DAYTIME, WEEKDAY SHIFTS**  
Wednesdays, Thursdays and Fridays  
10 a.m. - 12 p.m. and 1 - 3 p.m.

**EVENING SHIFTS**  
Every Wednesday, plus the first and third Thursday  
5 - 7 p.m.

**SATURDAY SHIFTS**  
9 - 11 a.m., 12 - 2 p.m. and 3 - 5 p.m.

During October, November and December, the Kent warehouse will have two additional shifts every Tuesday:  
10 a.m. - 12 p.m. and 1 - 3 p.m.

To volunteer at any of our locations visit our website or email volunteer@northwestharvest.org.

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Bob Schoeffling and Kirsti Melby at the Kent Warehouse.

“More people express a sense that they are ‘stuck’ – ‘never thought I would be coming this long’– ‘I’m working, but nothing ever lasts.’ I love it when people ask about our “policies” about who we serve. I say we are connected with Northwest Harvest, and I have always loved the approach: If you are at the food bank, you must need food.”

—Cusick Food Bank, Pend Oreille County